



Volume 9 Issue 1

Feb/Mar 2016

Editors Comments

*Sharon Boyd & Dale Campbell:
Co- Editors*



Photo courtesy of Vern Pitcher

Welcome to 2016 and the first *Bent Fork* newsletter of the New Year (only five more to go for this year...). And, if the previous years are any indication, 2016 should be another year packed with travel logs, international news about cycling, summaries of local rides, information about Club social and special ride activities, cycling infrastructure improvements in Colorado Springs and statewide in Colorado, and much much more. We appreciate all the article ideas and written contributions that we receive from a number of you in our readership. Please keep up the good work!

For some of you, the first ride of 2016 happened on New Year's Day. The Frozen Water Bottle ride was held once again, just as it has for many previous years. To see who participated in the ride, just take a look at the photo in the banner of this month's *Bent Fork Chronicle*.

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Prez Sez

Janine Hegeman - President

Hello everyone, this is your new CSCC president, Janine Hegeman.

As we begin the second month of 2016, I can tell you that a number of changes are in the works for CSCC. Committees and Board members have taken your suggestions, as well as ideas of their own, and are busy working on plans for this year. A few noteworthy



Recognize any of those folks?

For others, perhaps you had your first ride of the year on one of the previous weekends – while the weather was a bit more inviting for a kickoff ride for the year. On beautiful sunny days with a temperature in the high 40s and low 50s, it's hard to resist the siren call of getting out on two wheels, especially at this time of the year. These are those types of days that Dale refers to as a "Bonus Days." Meaning, a winter day, which would normally be cold and/or snowy, that happens to be more Spring-like. And, a winter day that offers unexpected riding pleasure. Yep, that's such a Day! Let's hope that we get a few more of those types of days throughout the rest of winter and early spring (mixed in with a reasonable amount of snowy days to bring us the moisture that Colorado constantly needs).

[Let's Have More Bonus Days!](#)

BVBF 2016 – Registration is Now Open!

Dale Campbell: Co-Editor



Registration for the 18th annual Buena Vista Bike Fest, scheduled for 4 June 2016, is now open. As you're probably aware, CSCC sponsored and supported this event during the last 17 years. The sponsorship of the event has now been transitioned to the [Buena Vista Rotary Club](#).

The event will essentially be structured as it has in the previous years. The century route is the cornerstone of the

items:

- The Ride Committee is formulating a "rating" system for our rides. Rides will be rated by how challenging they are, and this will be noted on the ride calendar. In addition, one or more routes are being developed that riders can test themselves on to self-determine their level of riding. Also under consideration is a "field trip" to one of these routes.
- The Ride Committee will also begin recognizing Ride Facilitators with a special banquet early this year, and start an education program to enlist more facilitators.
- We have a CSCC at-large board member attending the Bike Colorado Springs board meetings. This will increase communication between our club and this advocacy group, and give us more avenues of participation in bicycling advocacy.
- The Social Committee has the July Picnic well in hand already, and is planning all the other events CSCC is known for.

With the Buena Vista Bike Fest now under control of the Buena Vista Rotary Club, our main source of funding (and the charitable giving that makes CSCC the great club it is), is going away. We will be exploring other revenue-producing efforts, and still continue our contributions to charitable organizations. With volunteer support from Club members, CSCC will be supporting such local activities as the Starlight Spectacular, Ride for Heroes and the St Patrick's Day ride. That being said, I want to reiterate that we'll need volunteers - LOTS of volunteers. We encourage everyone who is Club member to volunteer at least once this year. If you're thinking about it, talk with other Club members that have helped with some of these activities. I'm sure they will tell you how much fun they had!

Many other ideas and plans are in the works as well, and you'll see more about this in the coming months. I am very pleased and humbled to be working with the current Board, including the very happy Past President, Charlie Czarniecki. Their ideas, energy and foresight are exactly what is needed to move CSCC into its third decade of inviting people in the Colorado Springs community to "Come along for the ride"!

Cheers,
Janine Hegeman
President, Colorado Springs Cycling Club

Recipients of the 2015 Awards from CSCC

Dale Campbell: Co-Editor

As many of you may be aware, CSCC honors local cycling supporters and Club members with three awards each year. These awards – the Dave Horn Community Award, the Volunteer of the Year, and the CSCC Golden Sweep – are presented at the annual Holiday Party (which occurred on 12 December this past year). The 2015 winners acknowledged for 2015 are as follows:

- Nikki McComsey, Executive Director of [Kids on Bikes](#) received the Dave Horne Community Award,

Buena Vista Bike Fest. Riders will take in the outstanding views of Colorado's highest mountain peaks while enjoying the sunshine of the Arkansas River Valley. This is an ideal warm up for any cyclist's summer riding season and is only a 2 hour drive from the Front Range! Riders also have options to take shorter routes including a 35 miler, a 50 miler, and a "metric century" (62 miles) while still enjoying the Collegiate Peaks' magnificent scenery.

If you're interested in participating in the ride, just go to the [event webpage](#) to find out more details about the event and registration. The Buena Vista Rotary is also soliciting volunteers to help with event activities. If you're interested in helping, just click on the "Volunteer" tab on the event website.

[See this year's Bike jersey](#)

Volunteer Opportunities – Provide Help & Have Fun, Too!

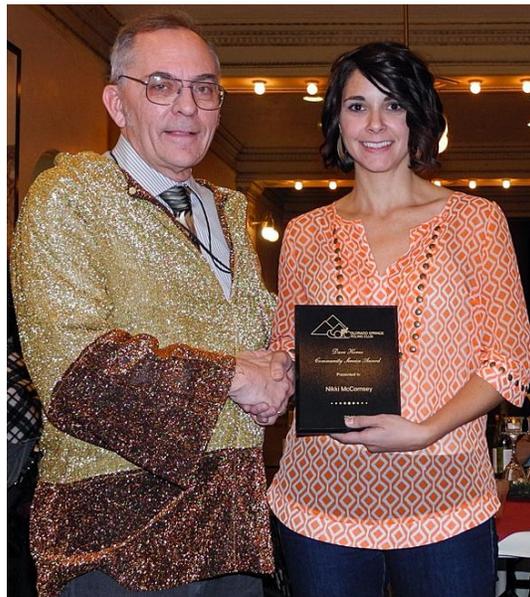
Sara Hill: Membership Coordinator



CSCC will have a booth at two events in February.

- On February 5, we will be at the First Friday Cycling Community Night/Expo hosted by Urban Single Track.
- On February 25 is the Outdoor Expo sponsored by Colorado Springs Young Professionals.

recognizing her numerous contributions to the cycling community in Colorado Springs. In 2015, she was recognized as the Mayor's Young Leader in the category of Innovation in Sports and Wellness. In the adjacent photo, Nikki is receiving the Award from Charlie Czarniecki during the 2015 Club Holiday Party.



The CSCC Volunteer of the Year and Golden Sweep Awards were also announced at the Holiday Party...

[V of Y and Sweep Presentations](#)

"Passing the Baton" of the Presidency

Charlie Czar: Past President

Both these events are an opportunity to highlight and share what CSCC is all about and help expand our membership. We would love to have two or three additional people at each event to help spread the fun!

Contact Sara Hill at membership@bikesprings.org or 719-304-4196 if you are able to help.

Thank you!

Another Volunteer or Ride Opportunity

Jean Zeh: Ride Volunteer Coordinator

Get your green on - the

Pedalin' for St. Patty's Day 50k

(and a wee bit more!) Bike Ride is on again this year.

The event will be held Saturday 14 March, starting from McCabe's Tavern on South Tejon Street. All riders end up at the St. Patty's Day Parade staging area and may participate in the parade! To find out more about the ride go to <http://csstpats.com/bicycling.html> A couple of things have changed from last year. The start is at Sahwach St at Vermijo, behind the Pikes Peak Center. The route is actually a wee bit shorter this year.

CSCC has agreed again this year to supply the rest stops, course marshals, and route marking. At this time, it looks like we'll need about 40 volunteers. Most time commitments aren't that long and you can join the ride from your post and be in the parade if you would like.

If anyone want to volunteers and knows where they want to be, please email me



I lettered in track 3 times at Widefield HS. We had a lot of sprinters when I started track in junior high school so I ran sprints and relays. When a runner passes the baton he got off the track because his part of the race was over. (I found my strength in track was as a quick sprinting jumper, so I stopped running relays in high school.) Rather than pass the baton, I have always seen my Club activity as bike ride. I've been in the front of the CSCC peloton for the past 6 years. Janine moves forward to the head of the peloton and I get to move back and still help as a domestique. In that regard I'm still an active member of the Board of Directors and will help in any way that I can.

The Club has seen past presidents stay engaged and then have time to dedicate to special "pet projects". I made some resolutions for this year to continue with the Club's support of the City's St Pat Ride support and Parade, to restart and lead as many "Full Moon Rides" as I can (the Jan ride was overcome by a horizontal snow storm), and to put effort into the Allen Beauchamp (past CSCC president) thought to try to spread the word of the National Bike Challenge (NBC) to more people and organizations in Colorado Springs. To the NBC effort I am going to try to get more area colleges and local media to publicize the challenge and consider establishing a team in their name. Jean Zeh kept the Club Miles for us the past 6 years (Thank You, Thank You, Thank You) and has returned that function to me - the rider sign-in form mailing info has been changed so you can send the sheets directly to me after you lead a ride. In the near term I will be leading the Feb Sunday Social Rides and the Feb 21st Full Moon Ride. I hope to see many of you on the road this month.

Ride Facilitators - We Can't Live Without You

Jean Zeh: Ride Committee

CSCC is all about riding bicycles, and the goal is to provide members with a wide variety of bicycle rides, from the easy social rides to the challenging rides to the intermediate "that was a good workout" rides. And the CSCC Board of Directors heard you loud and clear in this year's survey - members want more rides, a bigger variety of rides, and more out-of-town rides. We do too!

But the fact of the matter is, to get to this level, someone has to lead, or facilitate, the rides. The Ride Committee has seen rides fall off the ride calendar due to a lack of anyone willing to simply facilitate the ride. We'd like to find out what it is that may be holding YOU back from

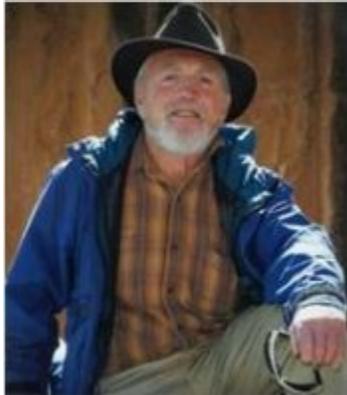


(jeanzeh@yahoo.com) where they want to be. Or, just come to the February and/or March membership meetings and talk with me about volunteer opportunities for this event. As always, I welcome questions.

[More about the Event](#)

Socially Yours...

Bill Gast: Social Committee Chairperson



Photograph courtesy of Bill Gast

Another year is beginning, and I hope that all of you had a great Holiday season. We are looking forward to another cycling season of social activities with this wonderful extended family we call CSCC. In 2016, I am beginning my 4th year as your Social Chairperson and want to remind you that our special Bike Club social events do not happen without all of your help. Each person makes successful events happen in your own way. The CSCC calendar of events and social activities provide members with fun times to look forward to...

The Club starts out with the Shamus Mc Spud ride on March 12th; and we are seeking a host person for this event. It is by far the easiest event to stage. All you will need is 10 pounds of potatoes, a willingness to put 40 people in your house for 90 minutes. If you are so inclined, give me a call, and I can fill you in and help with the details.

Other events already on the calendar are the July 10 CSCC Annual Picnic with The Pod from

volunteering.

- Are you intimidated – by not wanting to set the pace and try to stay in front of the group, abilities of others, topography of a route? Something else?
- Does it seem like a huge responsibility?
- Are you worried that you wouldn't know what to do in an emergency?
- Would it take too much time?
- Are you concerned about speaking to a group?
- Are you unaware that there is a Ride Committee that can lend assistance as needed?

Please click the link below to answer the one-question survey – “What makes you hesitant to facilitate a ride?” The Ride Committee will analyze the results of the survey and reach out to the club membership, with guidance, tips and educational events. We need more ride leaders/facilitators to get out there and have fun helping others have fun! There's something magical about hearing the words “That was a great ride (YOUR name here)!”

[Take the One Question Survey](#)

Governor Announces 16 Highest Priority Trail Projects

Bicycle Colorado



On Wednesday 20 January, Governor Hickenlooper announced 16 highest priority trail projects for 2016. To select the 16 priority trails, the Department of Natural Resources (DNR) has coordinated closely with a team of experts, including the Colorado Pedals Project and Great Outdoors Colorado, and

has conducted public outreach across the state.

“We've identified projects that will help us fulfill the vision of Colorado the Beautiful, and create the kinds of connections that link us to the natural splendor that sets our state apart,” Hickenlooper said.

Governor Hickenlooper unveiled his Colorado the Beautiful initiative during the 2015 State of the State Address with the intent to build on existing efforts and create new partnerships to grow, enhance, connect, and market statewide outdoor recreation resources and opportunities. The vision of Colorado the Beautiful is that within a generation, every Coloradan will live within 10 minutes of a park, trail, or vibrant green space.

“We need the kind of outdoor access that more easily brings all of us—especially our young people—into the fresh air and away from indoor distractions.”

Also of note, Great Outdoors Colorado is dedicating \$30 million over the next four years to the Connect Initiative and these 16 priority projects are eligible to apply for funding. The projects are:

Colorado Front Range Trail

Austin, Texas agreeing to come back and play for us; the Easter Egg Ride; and the Shady Lane Ride to start off the year.

And, don't forget to sign up to volunteer at the St. Pat's Day ride (see article above); without this type of fund raiser our social events will not happen. Help CSCC earn money - please volunteer when these opportunities arise. Remember, *we are a cycling club with an eating disorder.*

Lower Valley Trail
Rocky Mountain Greenway
Colorado Riverfront Trail
Ring the Peak
Peaks to Plains Trail
High Line Canal
Fremont Pass Trail
Alpine Loop Backcountry Byway
Crested Butte to Carbondale Trail
Eagle Valley Trail
Palisade Plunge
Paths to Mesa Verde
North Elk Creek
Eldo-Walker Trail Connection
Arkansas River Stage & Rail Trail

CSCC Holiday Party – A Photographic Compendium

Sharon Boyd: Co-Editor

As you can see in the [photos provided here](#), attendees for the 2015 CSCC Holiday Party had a good time. Braving the winter elements and the driving challenges of slippery roads, those who were able to make it to the Pioneers Museum enjoyed sharing their views of the "Night at the Museum" costume challenge and seeing what others had created for the evening. The Bent Fork Editors want to thank Bill Gast and his Social Committee helpers for the planning and setup for this marvelous evening at the Pioneers Museum.

[See Photos from the Party](#)

Interested in the Future of Cycling?

Tim Blumenthal: President - PeopleForBikes.org



Editor's Note: The National Bike Challenge is sponsored and supported by People for Bikes. Your participation in this survey will help People for Bikes collect additional data that can help promote further funding for cycling infrastructure and education programs.

We want to give you a chance to

e-Bikes – Past, Present and... Possibly in Your Future?

Dale Campbell: Co-Editor

What follows is a summary of the information I discussed in a presentation to the Club during the 5 January membership meeting. You may recall that I have included a number of e-Bike articles in previous



editions of the Bent Fork, starting in the August 2011 edition. Since that time, technology advancements have helped to improve designs and market demand/availability is helping to reduce the cost to purchase an eBike. Additionally, the rise of conversion kits has also helped to introduce e-Bikes to a wider group of cyclists.

The following topics are presented in the information provided here:

- Introduction:What is an e-bike?
- E-Bike Basics
- History
- Present Equipment Configurations and Possible Advancements
- World Market and Growth
- US Market Snapshot
- Overview - Cost to Purchase
- Is There a Cheaper Way?Conversion Possibilities
- e-Bike Pros and Cons
- Projections for the Future
- Summary and conclusion
- References for More Information

[The Discussion](#)

15 Thoughts Cyclists Have While Riding

Contributed by Jean Zeh

tell us more about your own experiences on a bike. We want to know why you ride a bicycle, where you ride, and who you ride with.

Your answers will help us generate a report that will inform all bike industry stakeholders and government officials on what PeopleForBikes supporters value most about bike riding. By focusing on the things you need to make it great, we can develop more (and better) PlacesForBikes.

Please take this survey on your bicycling habits and preferences. Completing the survey makes you eligible to win one of two PeopleForBikes custom bicycles, or one of five PeopleForBikes prize packages.

[Click here to participate](#)

Thanks again for your continuing interest and steady support.

Happy Trails,
Tim

Bicycle Ballet – Don't Try This at Home!

Sharon Boyd: Co-Editor

Thinking of previous editions of the Bent Fork where we've included links to videos with extreme cycling, I'm sure you've enjoyed seeing the athletic prowess of these bicyclists. From hair raising runs down extreme downhill mountain biking runs to feats of balance in an urban environment, these videos have made us wonder how its humanly possible to accomplish such things on two wheels.

That said, here's another balancing wonderment while on two wheels that includes an artistic flair. While Nicole Frybortová is one of the great athletes of our time, few have heard of the professional artistic cyclist. Her sport is niche and rarely covered by media, but her skills are undeniable. It's no wonder that she's a favorite to



Photo courtesy of Mark Lindsay

Cycling can be a lonely sport, but that doesn't mean we don't have conversations—even if they're only with ourselves. What do you think about when you're out on a ride? [Click here](#) to see the illustrated list developed by Marc Lindsay.

While looking at this, did you have some other thoughts come to mind that weren't included in the list? If so, let us know. Send your additional items for the list to the Bent Fork Editors (dale_campbell_co@msn.com)

Colorado Pedals Project – An Update

Bicycle Colorado



Happy 2016! As we look ahead to this New Year, we are excited to share some of the plans for the Colorado Pedals Project.

You may recall that last September, at the Interbike trade show in Las Vegas, Governor Hickenlooper announced that \$100 million would be prioritized for bike projects over the next four years.

The Colorado Pedals Project is a multi-million dollar initiative combining public and private funding to make Colorado the best state in the nation to ride a bike. This transformative initiative will fuel Colorado's economic growth and tourism industry, move us toward a cleaner environment and advance the goal of becoming the healthiest state in the nation.

The Pedals Project will be housed within Bicycle Colorado, and we are currently raising the private funds needed to build capacity for this large undertaking. Bicycle Colorado, the governor's office, bike czar Ken Gart and Onsign Public Affairs will collaborate on this project for the next several years.

What did we accomplish in 2015?

win the next UCI Indoor Cycling World Championship.

Artistic cycling blends gymnastics, biking and ballet, and although it may sound like something females would enjoy, they were unable to participate on a professional level until 1970. While women are still far less likely to travel by bike in everyday life than men, they dominate the sport. There are doubles and teams that perform together, but Nicole prefers to ride alone. It's clear that she has really become one with her bike – [take a look](#).

And here's [something else](#) you shouldn't try at home or even on the Hoover Dam. How's that for maintaining one's balance!

Bicycling Skills 123+ Program in 2016

Dale Campbell: Co-Editor

Now that the article above has provided our daredevil fix for this edition of the Bent Fork, let's come back down to earth with this PSA.

Watch for a date for the third offering of Bicycling Skills 123+ program, a League of American Bicyclist (LAB) safe riding course. CSCC is a LAB member and has LAB certified instructors. The workshop will cover basic riding skills: mounting and dismounting smoothly starting and stopping, shifting and riding in a straight line, scanning and signaling appropriately. Hazard avoidance skills will be taught to include, quick stop, rock dodge, avoidance weave, instant turn. The workshop will conclude with instruction and practice in riding on the road and operating as a vehicle under Colorado Transportation Law.

If you talk with folks in the Club who have taken this training, you'll hear glowing remarks about the instructors and the skills that the students have been able to learn during the course. As soon as we have definitive dates from the

- Safe Routes to School is now a fully-funded program in Colorado at \$2.5 million per year.
- The Colorado Department of Transportation (CDOT), responding to requests from cities throughout Colorado, is incorporating more bike and pedestrian planning into their projects.
- CDOT designated five lead engineers for bicycling, one in each region.
- Bicycle Colorado executive director Dan Grunig and bike czar Ken Gart presented at the Colorado Outdoors Summit, the Governor's Tourism Conference, and in countless communities throughout the state from Grand Junction to Denver.
- Bicycle Colorado hired an Active Transportation Manager to work with communities in Colorado to help access funding for bicycling and walking projects. (She starts this week!)

[What's ahead in 2016?](#)

The Who's Your Hero Project

Dave VanDerWege: Previous Past President

Cycling to Honor Hometown Service Personnel Who Sacrificed the Ultimate



Editor's Note: Want to learn more about an extended cycling trip, perhaps something that will take multiple weeks? If so, then you just might be interested in this effort to honor hometown heroes.

Kathy and I cycled on Old Pueblo road on Saturday 23 January and parked at the Fountain Library. At the library, Mike Maiurro was there passing out flyers about a special project. I had a nice conversation with him about this effort, especially having the experience of riding cross country myself a few years ago. Here's what Mike was passionately supporting to honor former local students who made the ultimate sacrifice.

[The Who's Your Hero Project](#) is designed to show support for military families and military personnel, past and present, who have sacrificed for our country. The organization intends to simply honor their service and their sacrifices one voice at a time. The Who's Your Hero Project is an opportunity for others to tell their story about who their heroes are. The organization asks that you share your stories through our website, with the goal to compile these tributes into a book that will honor your heroes through your stories. We want to provide an opportunity for others whose hearts are thankful, appreciative, and in many instances heavy, to have an avenue to express those feelings of appreciation.

instructors, we'll be sure to pass them along.

Membership Update

Sara Hill: Membership Coordinator

WELCOME NEW MEMBERS!

Kirsten Habgood, John McLain, Max Oliver, BJ Ondo, John Pilger, Herb & Janine Rodriguez and Alan Siegel & Family.

RENEWING MEMBERS – THANK YOU!

John Beckman & Family, Dean Buck, Neil Buckley, Chris Conboy, John Cunningham, Kerry Hefta, Chris & Laura Keller, Bryan & Jodi Miller, Sean & Hope Mullally, Lee & Cheryl Murphy, John Pamperin, Jamey Robbins, Aaron Rosenthal & Janet Oliver, Bob & Anne Smith, David & Kathy VanDerWege, and Lee Willmon & Family.

[Membership Reminders](#)

Special Activities & Rides of Interest!

Jean Zeh: Ride Committee

As we work our way into the New Year, there are a variety of rides and social events that may peak your interest! Take a look at the chart on the continuation page of this article to see if one or more of these will keep you motivated to get out and pedal with friends during the year. As always, be sure to check the Ride Calendar on the Club website for the details of each of the rides and social events.

And, be sure to let the Newsletter Editors know if you enjoyed a particular ride. They appreciate your input as potential articles for upcoming newsletters!

[2016 Special Activities & Rides of Interest Calendar](#)

A Quote to Ponder

Dale Campbell: Co-Editor

An illustrated quote from **Lord**

The organization also asks that you support The Who's Your Hero Project and the 2016 Ride For Heroes. The 2016 Ride For Heroes is currently being organized and is tentatively scheduled to depart from Fort Carson in early May 2016 and will arrive at Arlington National Cemetery by Memorial Day Weekend (May 28- May 30, 2016). At this stage it is being planned as a two man relay with each rider covering approximately 50-70 miles per day while the other serves as support vehicle driver for the team. The cycling team will follow the Adventure Cycling TransAmerica route traveling approximately 1900 miles through Colorado, Kansas, Missouri, Illinois, Kentucky, and finally into Virginia. Riding teams were scheduled to be finalized by Fall 2015.

If you'd like to learn more about this effort, [contact](#) Mike "Coach Moe" Maiurro, the retired teacher/coach from Fountain Fort Carson High School, Fountain, Colorado (1987 - 2011) who is the founder of The Who's Your Hero Project.

Know a Previous Recipient of the CSCC Volunteer of the Year Award?

Charlie Czar: Past President

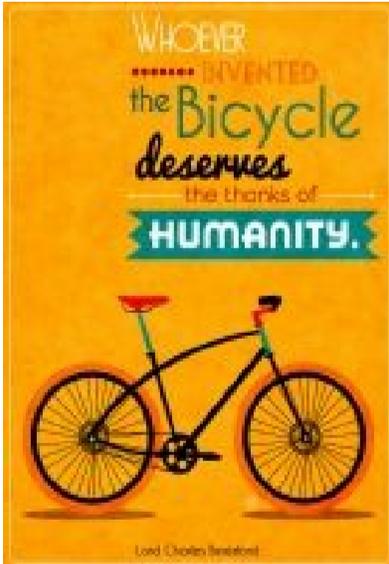
Over the years, the Club has been fortunate to have so many people contribute to the support of the Club. Each year, we've been fortunate to be able to recognize outstanding contributors to the success of the Club for that year. Typically presented during the Club's Annual Holiday Party, the award has been enriched by the addition of each of the Award winners through the years.

However, with the recognition of the 2014 recipients in December of 2014, the list of those recognized outgrew the size of the plaque. A redesign was needed. This redesign was showcased during the 2015 Holiday Party.

All the previous winners' names have been engraved in a single list shown on the right of the plaque.



Charles Beresford - Charles William de la Poer Beresford, 1st Baron Beresford GCB GCVO (10 February 1846 – 6 September 1919), styled Lord Charles Beresford between 1859 and 1916, was a British admiral and Member of Parliament ([Source: Wikipedia](#))



The individual nametags have now been mounted on single smaller plaques in order to continue recognition of the Award to the previous recipients.



During the party, I was able to pass out some of those individual plaques. However, there are still quite a few that need to be reunited with their rightful owners. If you are a previous recipient, please contact me to receive your plaque. Or if you know someone who has received the Award in the past, please let them know to contact me to arrange getting their individual Award.

Thanks!



Editors Comments

Sharon Boyd & Dale Campbell: Co- Editors

And, when you do get those Bonus Days and are able to get out and ride, please do so safely. In fact, let's all make the conscious effort to make safety a priority for all aspects of the rides – before while planning a ride, during while enjoying the ride, and after, when remembering the ride and thinking about the next time you'll be enjoying the activity that brings us all together as a Cycling Club.

By the way, one of our goals for 2016 is to get more folks in the Club to also submit articles, cycling photographs, technology updates, travel blog links and ideas for future items to be included in the Bent Fork. As we may have mentioned previously, we'll take anything from a bullet pointed summary with a couple of photos to a full blown detailed write-up of your travel adventures. There's even a [Travel Article Template](#) posted on the [Clubs' website](#) that can help you get started! Either way, we can always take the information and edit/repackage it for publication into the Club's long running newsletter.

By the way, take a look at the newsletter archive on the website and you'll see February 1987 as the earliest edition of the newsletter. So, this edition starts the 29th year of providing biking news and information for the Colorado Springs Cycling Club. We're looking forward to providing many more for your reading pleasure. Enjoy!

Bent Fork 2016-1 - Volume 9 Issue 1





COLORADO SPRINGS
CYCLING CLUB

"Come along for the ride"



The Bent Fork Chronicles

BVBF 2016 – Registration is Now Open!

Dale Campbell: Co-Editor



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Another Volunteer or Ride Opportunity

Jean Zeh: Ride Volunteer Coordinator

By the way, this celebration has something for everyone – from a 5K race, Leprechaun Fun Run for those 10 and under, 50K bike ride and the St. Patrick’s Day Parade. Saturday Morning starts off at 8:30 am with the 50K Bike Ride, followed by the 5K Run at 10 am; the Leprechaun Fun Run at 11:00 am; and the Parade kicks off at Noon! All of this will happen on 14 March this year.

	<p style="text-align: center;"><u>Challenging!</u></p> <p>The challenging course is 31 miles long and has steep hills to climb. Recommended for the experienced cyclists.</p>
	<p style="text-align: center;"><u>Intermediate</u></p> <p>The intermediate course is 21.7 miles long and the steepest hills have been bypassed.</p>
	<p style="text-align: center;"><u>Family, all the way!</u></p> <p>The Family course is 15 miles long and mostly flat, but some grade to it. Course stays mainly on the Pikes Peak Greenway. Course goes North on the Pikes Peak Greenway to the Criterium Bike Shop where it turns around and comes back down the PP Greenway to downtown where they finish in the Parade.</p>





CSCC Holiday Party – A Photographic Compendium

Sharon Boyd: Co-Editor



Bill and Sandy - pioneers from the prairie homestead



American Gothic



J9 and John - straight from the ranch



Teddy ready for battle on San Juan Hill (your Co-Editor in his alter ego mode)...



And Sacagawea ready for the Lewis & Clark expedition (your Co-Editor in her alter ego mode)



Cleo and Mark A (better know as Ruth and Sam) - winners of the Best Costumes for a Couple



Chris and Neddie - Winners of the Best Individual Costume Awards - as Richard Simmons and Amelia Earhart



Harry and Rhoda



Pam and Richard



...and the Tourists that came to the Museum - Randy and Sharon.



CSCC Holiday Party – A Photographic Compendium

Sharon Boyd: Co-Editor



Bill and Sandy - pioneers from the prairie homestead



American Gothic



J9 and John - straight from the ranch



Teddy ready for battle on San Juan Hill (your Co-Editor in his alter ego mode)...



And Sacagawea ready for the Lewis & Clark expedition (your Co-Editor in her alter ego mode)



Cleo and Mark A (better know as Ruth and Sam) - winners of the Best Costumes for a Couple



Chris and Neddie - Winners of the Best Individual Costume Awards - as Richard Simmons and Amelia Earhart



Harry and Rhoda



Pam and Richard



...and the Tourists that came to the Museum - Randy and Sharon.



Membership Update

Sara Hill: Membership Coordinator

MEMBERSHIP REMINDERS:

- (1) Family memberships are eligible for two adult online logins. With each login, members can comment on the message boards or respond to surveys independently. If you wish to have a second adult login, please contact Membership at membership@bikesprings.org. Provide the following information: Name on membership account, secondary member's name and email along with a preferred username. If you have a preference for billing identity, indicate this as well.
- (2) Has your personal information changed? Don't forget you can update your mailing address, phone numbers and email at anytime by logging into the membership area and clicking the "Change Contact/Profile Information" link under Member Information. You can even change your username.
- (3) You can check your membership payment status online - and pay online as well.

If you have questions regarding membership, please contact Sara Hill, Membership Coordinator at membership@bikesprings.org.

Sara Hill, CSCC Treasurer & Membership Coordinator

Bent Fork 2016-1 - Volume 9 Issue 1





Special Activities & Rides of Interest!

Jean Zeh: Ride Committee

2016 CSCC Special Rides & Activities

Check the Ride Calendar for updates

Date	Name
14-Feb	Valentine's Ride
12-Mar	St Patty's Ride (volunteers needed)
13-Mar	Spud Ride (need a host)
3-Apr	Hill Climb Ride Starts
27-Mar	Jelly Bean Ride with a Twist
May Date TBD	Denver Road Trip
4-May	Wednesday Afternoon Ride Starts
8-May	Mothers Day
18-May	Ride of Silence (Woodland Park)
4-Jun	Buena Vista Bike Fest
18-Jun	Starlight Spectacular
22-Jun	Bike to Work
26-Jun	Social Ride moves start location for this day only
4-Jul	Shady Lane Ride
10-Jul	Picnic
Sat. in Aug	Mystery Ride
August Date TBD	Ride 'n Movie
15 thru 21-Aug	US Pro Cycling Challenge (CSCC participation TBD)
September Date TBD	Gold Camp Fall Colors Ride
3 or 4-Sep	Balloon Glo Ride
5-Sep	Memorial Balloon Ascent and Breakfast Ride
25-Oct	Progressive Dinner Ride
20-Nov	Tour de Turkey
3-Dec	Festival of Lights Parade
Dec	Holiday Party
Dec	Chili and Christmas Light Ride
25-Dec	Candy Cane Ride
1-Jan-17	Frozen H2O Bottle Ride



Recipients of the 2015 Awards from CSCC

Dale Campbell: Co-Editor

- Jean Zeh was recognized at the Club's Volunteer of the Year Award. Her contributions as Ride Committee Chairperson and ride mile recording manager have played an important role in ride planning and understanding just how much members of the Club get out and ride. We thank Jean for her past efforts and look forward to her continuing involvement with ride planning efforts. The photo shows Jean receiving the award during the January member meeting, from Charlie Czarniecki, the new Past President for the Club. See the Volunteer of the Year article at the bottom of the newsletter for more information about the Award.



- Skip Fleming received the Golden Sweep Award, recognizing his sweep support for many of the Club's rides. Skip is also recognized for his ride planning and ride leader contributions throughout the 2015 cycling season. In the accompanying photo, Larry Wilson, the 2014 Golden Sweep winner, presents the award to Skip during the January membership meeting.



The Bent Fork staff congratulates each of the recipients for their accomplishments!



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OLORADO SPRINGS
CYCLING CLUB

"Come along for the ride"



The Bent Fork Chronicles

e-Bikes – Past, Present and... Possibly in Your Future?

Dale Campbell: Co-Editor



Introduction: What is an e-Bike?

- An Electric Bike (a.k.a. e-Bike) is "a bicycle that can be run on electric power as well as by pedaling." (According to the Oxford Dictionary)
 - Wikipedia goes into a bit more detail by describing an e-Bike as
 - "a bicycle with an integrated electric motor which can be used for propulsion.... all, however, retain the ability to be pedaled by the rider and are therefore not electric motorcycles. E-bikes use rechargeable batteries and the lighter varieties can travel up to 25 to 32 km/h (16 to 20 mph), depending on the laws of the country in which they are sold, while the more high-powered varieties can often do in excess of 45 km/h (28 mph)." https://en.wikipedia.org/wiki/Electric_bicycle
- Generally, an e-Bike closely mimics the design of a traditional bicycle, with the addition of a small and efficient electric motor, power source (i.e. battery) and electronic control mechanisms.
 - Typically, market focus is on the opportunities to use an e-Bike as a commuter vehicle alternative to a typical car or motorcycle.

e-Bike Basics

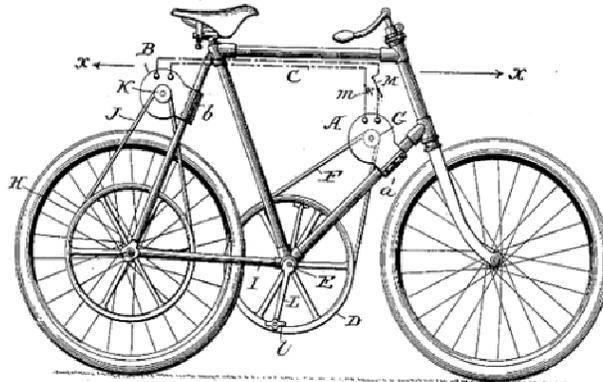
- The total cost per mile (including energy cost, purchase price and the cost of running the vehicle) is less than 5 cents for an e-bike versus 71 cents for a car.
 - Electric bikes can generally cover 20 to 50 miles on a battery charge, well within the distance of many daily commutes.
- In terms of fuel economy, the e-bike's energy consumption translates into about 1000 miles per gallon.



- Global sales of bikes driven by battery-powered electric motors have climbed nearly 20 percent since 2005.

History

- There is an old proverb that "There is nothing new under the sun", and "Everything that is old is new again". So...think about e-Bike history the next time you read an advertisement about a new e-bike product that is "Revolutionary!"
- Specifically, patents submitted as early as 1881 in France and in the 1890s in the United States



- E-bikes re-appeared — briefly — in a much clunkier incarnation on the transportation scene in the 1970s following the energy crisis.
 - They started gaining more notice in the mid-1990s.
 - These versions incorporated pedal-activated power, followed by hub motors.
 - Electric Bikes Worldwide Reports, an industry newsletter, estimates that 100,000 electric bikes were sold nationwide in 2005.
 - e- bike sales were forecast to double by 2009 to 200,000

Present Equipment Configurations and Possible Advancements

Some of the focus areas include:

- Electric Bike Batteries – Lithium-Ion, LiFePO₄, LIPO
- Electric Hub Motors – Rare Earth Magnet Direct-Drive, Composite Geared, Steel Geared, DC Mid-Drive
 - Electric Bike Controllers – Regenerative Systems, PAS Technologies
 - Portable Hydrogen Fuel Cells – Fuel Cell Range Extenders
 - Solar Powered Electric Bikes – Portable Solar Charging Stations



World Market and Growth

- E-Bikes first became popular in China, where the government made developing e-bikes an official technology goal in 1991.
 - Global e-bike market dominated by China, with an estimated 85 percent of all e-bikes being sold in China.
 - As estimated by Macquarie, in 2013, there were 180 million e-bikes on the road in China, and that nearly 37 million new e-bikes were produced in the course of 2013.
 - Footnote: 430 million owners in China represent the biggest increase of individual mobility of the human history! <http://www.chinatravel.com/facts/china-bicycle.htm>
 - Asian countries are the largest manufacturers of e-bikes.
 - For the EU, 83.2% of all imported e-bikes originate in China
 - Over 300,000 e-bikes imported from China into the EU in 2013.
 - Japan is Europe's number two supplier, with over 31,000 units and a 8.4% share of the total imports.
 - In third and fourth position, respectively, are Taiwan with 18,000 and Vietnam with 16,000 units.

SOURCE: The Global E-bike Market Sept 2014

- E-Bikes are the only transportation device that managed in the last 20 years to take significant part of the bicycle market share!
 - In some markets, e-Bikes are gaining taking market share away from conventional bicycles and in others, such as China, they are replacing fossil fuel-powered mopeds and small motorcycles.

SOURCE: https://en.wikipedia.org/wiki/Electric_bicycle

 - EBWR estimates worldwide e-Bike sales at 36,881,000 for 2014 with 200 Million Electric Bicycles Ridden Today
 - EBWR predicts 100,000,000 worldwide e-bike sales in 2035, with overall rider market poised to Grow to 2 Billion by 2050!
- SOURCE: Electric Bikes Worldwide Reports (EWBR) <http://www.ebwr.com/>

US Market Snapshot

- Projection from 2012 E-bike sales in the United States will more than triple in the next six years, the report forecasts, reaching 265,000 in 2018
 - "Although the e-bicycle will remain a niche product in the United States, the U.S. market is expected to expand at a compound annual growth rate of 20 percent," says senior research analyst Dave Hurst. "That means it will continue to trail significant Western European markets, but increases in bicycle infrastructure in growing urban centers and the rise in popularity of alternative means of transport will make e-bikes a viable choice for thousands of new users."

<http://www.navigantresearch.com/newsroom/the-electric-bicycle-market-in-the-united-states-will-more-than-triple-by-2018-forecasts-pike-research>

- Sales in the USA have grown 80% in 2013 over 2012 with high end products doing well. EV World <http://evworld.com/news.cfm?newsid=32890>

Overview - Cost to Purchase



- First, consider the following: The price of an e-bike is mainly determined by the:
 - Type of frame material
 - Quality of its mechanical parts - brakes, shifters, derailleurs, tires, etc
 - Quality of its electric parts - battery, motor, controller, etc –
 - Least expensive: \$400 to 600
 - Most Expensive: \$8,000 to \$10,000
 - Most reputable complete e-bikes are in the range of \$1,000 to \$2,500
 - Next class of e-Bikes is somewhere around \$3,000 to \$4,000
- SOURCE: <http://www.electric-bicycle-guide.com/electric-bike-price.html#sthash.mX4F1yLS.dpuf>

Is There a Cheaper Way? ...Conversion Possibilities



- Conversion kits are available in a few different forms, front and rear hub drive, with geared and ungeared hub motors, and Mid drives (with and without throttle).
 - Two primary types of conversions
 - Hub motor kits power the bike using a hub motor built into the bicycle wheel.
 - Mid-drive kits modify the bike's chain path to transmit both human and motor power to the gearing at the rear wheel - which provides the user with both high speed and good hill-climbing.
- Cost Range: \$500 to \$2,500 (dependent on power of motor) plus any installation costs



Convert this...



To this!

e-Bike Conversions - Pros and Cons

Pros

- Flexibility
- Extended range/reduced stress
- Riding uphill and into the wind
 - Exercise is optional
 - Safe and easy to operate
 - Much cheaper than gas
- Getting out of the way in a hurry
 - Injury Assist
 - Getting out more
- Practical transport in town/Practical commuting
 - Togetherness
 - Low Maintenance
 - Saving money
 - Saving air
 - Fun for all ages

Cons

- Cost of initial investment
- Limited range and speed
- Less security and protection
 - Flat Tires
 - Extra Weight
- Battery replacement

Projections for the Future

- EBWR suggests e-bike business paradigm shifts may be underway.
 - *Paradigm Shift 1*: Auto makers, and auto suppliers, are entering the two-wheel business with expanded technology and marketing options.
 - *Paradigm Shift 2*: The collision avoidance technology explosion in the four-wheel market will be adapted to e-bikes making them virtually collision free eventually. E-bike sales will then explode also.
 - *Paradigm Shift 3*: Jay Townley, noted bike consultant, proposes a way for independent bike dealers to be more customer centric thus stronger, a provocative shift.
- SOURCE: Electric Bikes Worldwide Reports (EWBR) <http://www.ebwr.com/>

- Major Car manufacturers worldwide are stepping into the e-Bike Market.
- Ford Motor Company partnering with Pedego and Dahon to create their own branded e-bike.



- Other examples (you might recognize a few of these names): Porsche, Lexus, Honda, Toyota, VW, Audi, BMW, Smart and Mercedes

Summary and Conclusions

- Continuing growth worldwide in ownership of e-Bikes
- Further advancements in technology and design can be expected
- For an initial lower investment into the market, consider conversion kits
- When considering purchasing a complete e-Bike or a conversion kit, will the advantages be worth the cost?



References for More Information

- Bent Fork
 - Electric Bicycles – Wave of the Future? - August 2011 http://www.bikesprings.org/v_newsletters/newsletter_797645.htm#3036349
 - Electric Bicycles – Wave of the Future?Part 2 - October 2011 http://www.bikesprings.org/v_newsletters/newsletter_883185.htm#3273417
 - Electric Bicycles Revisited - August 2013 http://www.bikesprings.org/v_newsletters/newsletter_1775245.htm#10210711
 - Electric Bicycles Update - Into 2014 & Beyond - February 2014 http://www.bikesprings.org/v_newsletters/newsletter_2118627.htm
 - eBikes: Motorized Vehicles or Power-Assisted Bicycles? - October 2014 http://www.bikesprings.org/v_newsletters/newsletter_2736959.htm#a23468189
 - The Top 5 Best Electric Bicycles - December 2015 http://www.bikesprings.org/v_newsletters/newsletter_3864865.htm#a48604729
 - Electric Bike <https://www.electricbike.com/>
- When Auto Makers Build E-bikes; Big 10 <https://www.electricbike.com/auto/>
 - Electric Bicycles https://en.wikipedia.org/wiki/Electric_bicycle
 - < > (Good Reference for Conversion Kits) Conversion How-To and

Video <http://epowermybike.com/>

An additional reference published in the local newspaper – Colorado Springs Independent – is also a good reference. In the article titled Rise of the e-Bike - With long ranges, high speeds and relatively low costs, e-bikes are mighty, the author - Bret Wright – covers many of the topics I've outlined above. The article can be found at: <http://www.csindy.com/coloradosprings/with-long-ranges-high-speeds-and-relatively-low-costs-e-bikes-are-mighty/Content?oid=3493198>

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Colorado Pedals Project – An Update

Bicycle Colorado

We have worked hard with various state agencies in 2015 to lay the groundwork for many exciting developments across the state. Here are the highlights of 2016 Pedals Project plans:

Colorado Department of Transportation

- Pilot a program to replace Share the Road signs with 3 Feet to Pass signs, which have been shown to be more effective in increasing safety on our roads
- Internally promote bicycle-friendly intersections through trainings for CDOT engineers
- Increase the number of bike lanes on state highways; track and report on current mileage
 - Create a public safety campaign to increase awareness of bicyclists and pedestrians
 - Track and report on compliance with complete streets policy

Colorado Office of Economic Development and International Trade, Colorado Department of Transportation and Colorado Department of Public Health and Environment

- Quantify the impact of biking and walking in Colorado through an economic and health impact study

Colorado Tourism Office

- Develop a tourism campaign to promote Colorado cycling opportunities

Department of Natural Resources

- Identify and promote key missing trail connections between communities

Bicycle Colorado and the Pedals Project team

- Work with state agencies to help guide the projects above
 - Work with local communities to connect them to Pedals Project opportunities
- Coordinate a state-level, cross-departmental task force to move state bicycle priorities forward
- Raise the remaining private funds needed to build more capacity at Bicycle Colorado
 - Pilot a program in Medicaid-dense communities to promote active transportation